

Best **Preventative** Measure

Handwashing

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After using the restroom, sneezing, coughing, before and after food preparation, wash hands with warm running water and soap, using friction for 20 seconds. Hands should be dried with a single service paper towel or air dryer.



For more information please contact:

Environmental Health Services

Flathead City-County

Health Department

1035 1st Ave West

Kalispell, MT 59901

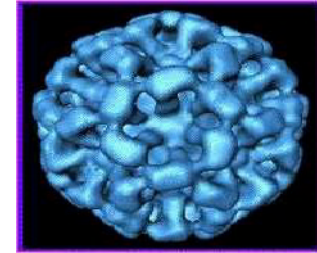
ph: (406)751-8130



Viral Gastroenteritis:

"Stomach Flu"

Norovirus



Flathead City- County
Health Department

Guidelines For
Cleaning and Disinfection
of Norovirus

The symptoms of Norovirus infection include: **nausea, vomiting, diarrhea, stomach cramping**, low-grade fever, chills, headache, muscle aches, and tiredness.

Noroviruses are transmitted by vomit and stool. Although food is an efficient means of transmitting these agents, Norwalk and Norwalk-like viruses can be transmitted via water and by person-to-person contact.

Safety

What works best to disinfect?

Chlorine Bleach



What should I wear to protect myself?

Disposable gloves, masks, or protective clothing

What are the health hazards of bleach?

Chlorine bleach is corrosive and irritating to nose, mouth, eyes, skin, and upper and lower respiratory tract. Avoid spray bottle application with any disinfectant.



Disinfect

How do I mix Chlorine bleach?

1/8 cup of bleach in 1 gallon of water.
(1:50 dilution)

How do I disinfect hard surfaces?

Disinfect with bleach solution

What are some examples of surfaces to disinfect?

Doorknobs, faucets, sinks, toilets, commodes, bath rails, phones, counters, chairs (including backs), tables, hand rails, elevator buttons, ice machines, and light switches.

How should kitchen surfaces, including cutting boards be disinfected?

1.5 tablespoon of bleach per gallon of water. (1:200 dilution) Surfaces must be cleaned thoroughly with detergent and rinsed with water prior to disinfecting.

Can I use anything other than Chlorine bleach?

Yes. EPA registered (Lysol® or concentrated Pinesol®) mixed at 2-4x the manufacturers recommended concentration. The use of these products at higher concentrations may pose a significant health risk to workers, pets, or yourself. Use extreme caution when using these products. **Please read and follow the manufacturer's warning.**

Large Spills

Specific Clean-up Procedures

For cleaning large spills of vomit/stool, a two-step process should be used with a higher concentration of bleach water:

***1-1/2 cup bleach in 1 gallon water
(1:10 dilution)**

1. Visible/organic debris should be cleaned up with absorbent paper towels (double layer) and discarded in a plastic bag to minimize aerosols.

2. Liberally disinfect area and object surrounding the contamination with an appropriate environmental disinfectant (multiple application may be required).

How do I clean carpet/upholstered furniture?

Disinfecting with bleach may discolor carpet--steam clean (heat inactivation) 158°F for 5 minutes 212°F for 1 minute for complete inactivation.

